

All-encompassing Well-being

These days, when we talk about well-being, the conversation isn't limited to exercising and eating right. Today's well-being encompasses emotional and mental health, work-life balance, mindfulness, financial stability and a host of other topics. It's "a state in which the individual realized his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community," according to the World Health Organization

As complex as that may seem, well-being really comes down to simply making healthier lifestyle choices. Living healthy is not only about preventing disease, but also about creating balance in your physical, spiritual and emotional health. Remember the following tips and choose to promote balance in your life.

Diet: A balanced diet contains lean proteins, healthy fats, five servings of fruits and vegetables per day, whole grains, and plenty of water. Limit your intake of saturated and trans fats, sodium, refined sugars, and processed foods.

Exercise: Being active can help lower cholesterol, improve blood sugar levels, and reduce stress. As a general goal, aim for at least 30 min of daily physical activity. Remember, you don't have to do it all at once.

Sleep: Being well-rested gives you better control over your diet, aids you in making better choices and reduces cravings for sugar, carbohydrates and caffeine. In addition, sleep strengthens the immune system's ability to fight infections and disease.

Stress: Stress management can help improve sleep, blood pressure, and overall quality of life. Choosing a positive attitude has shown to improve stress levels. Yoga, prayer, meditation, journaling, reading, exercising and deep breathing are healthy ways to manage your stress.

Addictions and Dependencies: Quitting smoking has one of the biggest impacts on health. Other addictions such as alcohol, drugs, caffeine, and sugar pose equally great threats to your health. Choosing more positive ways to deal with stress and other issues improves health significantly.

Family and Friends: Having strong, positive relationships with others provides a cushion of acceptance and support that can help you weather tough times.

Finances: Make a budget, set goals and save more than you spend. A strong financial base alleviates a lot of stress and promotes personal well-being.

Positive Outlook: Avoid viewing problems as insurmountable. Learn from past experiences and be confident that you will get through a current crisis, too.

Accept Change: The reality is that certain things cannot be controlled. What's important is how we respond to the situation. Accepting change makes it easier to move forward in life.

Long-term Perspective: Set goals for yourself so that you can feel productive and purposeful every day, and create longer-term goals so that you have a direction for your future.

Here when you need us.

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